

live well, work well

Health and wellness tips for your work, home, and life—  
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## Super Foods for Super Health

### *Dietary suggestions to maintain your youth*

There are some things in life that you have no control over – death, taxes and too much reality television. Yet, slowing down the aging process is something that you can control by incorporating some “super foods” into your diet.

In fact, the foods you eat can make a significant difference in how your body reacts as you get older, from retaining strength and stamina to reducing the lines on your face. Consider incorporating these foods into your diet to make the aging process a bit more graceful:

#### **Spinach and Kale**

- Contain lots of vitamin K, which can improve bone density and lower the risk of fractures.
- They keep your eyes sparkling and clear because of the zeaxanthin and lutein, nutrients that make up the retina.

*Recommendations:* Use spinach instead of lettuce on a sandwich or add shredded spinach to vegetable or lentil soup. Try mixing raw kale into cooked black beans.

#### **Strawberries**

- Rich in polyphenols, which are good for maintaining brain function and memory.

*Recommendations:* Top a salad or frozen yogurt with strawberries for some sweetness.

#### **Curry Powder**

- Helps maintain mental alertness because curry is packed with turmeric. This spice contains curcumin, which is believed to thwart Alzheimer’s disease by preventing the growth of proteins that are hazardous to brain cells.

*Recommendations:* Sprinkle meat with curry powder in stir fry or mix in with low-fat mayonnaise on a sandwich.

#### **Tomatoes**

- Contain lycopene, which protects the skin from oxidation that results in sun damage.
- Cook, chop or drizzle olive oil on tomatoes to help your body absorb lycopene easier.

*Recommendations:* Eat cherry or grape tomatoes as an afternoon snack or broil them with feta as a yummy side dish.

#### **Almonds**

- Contain agility-promoting vitamin E to keep you

coordinated.

*Recommendations:* Sprinkle almonds on fat-free yogurt or mix with dried fruit as a healthy trail mix.

#### **Chocolate**

- A quarter of an ounce per day can reduce blood pressure because of cocoa’s flavonols. These chemicals help blood vessels relax and keep them supple.

*Recommendations:* Add a teaspoon of unsweetened cocoa to your coffee or dip some strawberries into melted dark chocolate chips.

#### **Steak**

- Protein in red meat helps retain muscle mass, especially during weight loss.
- Consume local organic beef in moderation for the best health benefit.

*Recommendations:* Mix steak with veggies in a whole wheat tortilla or slice sirloin and eat over a salad.



## Eggs

- Egg protein is filling so you will not overeat throughout the day.

*Recommendations:* Prepare egg salad with low-fat mayonnaise or nonfat plain yogurt or eat an egg white and whole grain toast before a morning workout.

## Oats

- Your body digests oats slowly so blood sugar does not spike, unlike other types of carbohydrates.
- Contain a lot of fiber.

*Recommendations:* Add oats to meatloaf instead of breadcrumbs or mix into non-fat strawberry yogurt with almonds.

## Lentils

- High in protein and soluble fiber to stabilize blood sugar. This helps prevent insulin spikes, which triggers the formation of excess body fat.

*Recommendations:* Add lentils to cooked pasta sauce or mix into vegetable soup.

## Goji Berries

- Contain a lot of protein and beta carotene (even more than carrots).

*Recommendations:* Mix with dried fruits and walnuts as a healthy trail mix or eat with frozen yogurt as a sweet dessert.

## Wild Salmon

- Contains omega-3 fatty acids, which keep the heart healthy, improve insulin sensitivity and build muscle.
- Wild salmon contains fewer pollutants.

*Recommendations:* Season wild salmon with salt and pepper and cook for 1-3 minutes on each side. Add a little olive oil to the pan to prevent sticking.

## Apples

- High in fiber.
- Rich in antioxidants that prevent metabolic syndrome, a condition marked by excess belly fat (apple shaped).

*Recommendations:* Eat as an on-the-go afternoon snack or with a little low-fat peanut butter.

## Buckwheat Pasta

- High in fiber and contains protein, unlike most carbohydrates.

*Recommendations:* Toss with broccoli, carrots and mushrooms or make buckwheat crepes.

## Blueberries

- Contain the most antioxidants of all common fruits and are high in fiber.

*Recommendations:* Mix with non-fat yogurt or put blueberries on top of cereal with a banana.

## Pomegranates

- Contain lots of folate; low in calories and high in fiber.

*Recommendations:* Eat the raw seeds as a mid-morning snack or put them on salads instead of seeds or nuts.

## Chiles

- Contain capsaicin, which causes the body to burn an extra 20 calories for 20 minutes after eating the food.

*Recommendations:* Grill and puree chiles and then add them

to pasta sauce.

## Yogurt

- Contain carbohydrates, protein and good fat to keep blood sugar steady.

*Recommendations:* Use non-fat plain yogurt in place of mayonnaise in chicken or potato salad, or place on top of a baked potato with a squeeze of lemon juice.

## Quinoa

- Contains a lot of protein and fiber to keep you full for a long time.

*Recommendations:* Serve quinoa with stir fry instead of rice or cook like oatmeal and top with raisins for breakfast.

## Sardines

- High in protein and omega-3s to help maintain muscle. Also high in calcium.

*Recommendations:* Use in Caesar salad instead of salty anchovies or instead of tuna in a melt sandwich.

## Tarragon

- Good replacement for salt in salad dressings and marinades, which causes the body to retain water.

*Recommendations:* Rub tarragon onto chicken before grilling or add into vegetable dip.

## Avocado

- Contains heart-healthy monounsaturated fat.

*Recommendations:* Add to a sandwich instead of mayonnaise or make your favorite guacamole recipe.

## Olive Oil

- Contains healthy fat that can tame your appetite.

*Recommendations:* Drizzle on salad to increase the antioxidant power of your vegetables or add to cooked pasta with a little basil instead of sauce.

## Did you know...?

Avoid full-fat dairy and lots of red meat. These foods can cause premature wrinkling and inflammation connected to the slowing of brain functions. Also avoid trans fat-rich fried and packaged foods, which clog arteries and help in packing on lots of fat around your middle.